

SPORTS

★ Veterans Day hours

In observance of Veterans Day, the fitness centers will be open:

East: **Nov. 10**, 4 a.m.-9 p.m. and **Nov. 11**, 9 a.m.-6 p.m.

West: **Nov. 10**, 5:30 a.m.-8 p.m. and closed **Nov. 11**.

★ Aerobics class

Starting Nov. 17, the East Fitness Center will offer a low-impact aerobics class to replace Water Aerobics until the pool reopens.

The class is offered **Mondays, Wednesdays and Fridays** at 10 a.m.

Call 846-1073.

★ Kayak sessions

Outdoor Recreation offers a Kayak roll clinic, **Nov. 13**, 5:30-8 p.m.

Clinic teaches safety techniques, wet exits, Eskimo rescue and rolling.

Cost is \$20 with personal gear and \$25 without. Call 846-1499.

★ Fitness 'Boot camp'

Recall the glory days of boot camp while getting into shape for the fitness test.

The intense aerobic class includes pushups, situps and other boot camp style exercises.

Classes are **Tuesdays**, 5 p.m., at the East Fitness Center.

★ Football Frenzy

Football Frenzy is every **Sunday** during football season, 10 a.m., in the Roadrunner Lounge.

Stop by for the game of your choice (not the one the local channel picked out for you).

There will be plenty of beverages, chow and prizes for members.

Nonmembers will be charged normal pricing.

Call 856-5165.

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour.

Call 846-1102.

★ Golf or lunch

The Tijeras Arroyo Golf Course Snack Bar offers a 10 percent discount on lunch **Mondays**, 10 a.m.-2 p.m.

Call 846-1574.

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Photo by Todd Berenger

Pool Closing

The indoor pool will be closed for renovations Nov. 16 -Jan. 2. The pool will receive a thin plastic liner treated to prevent algae growth. Pete Durso, the aquatics director, says the pool will look better and be easier to maintain. Pool pass holders will be given the option of extending passes for a period of time equal to the duration of the closure or requesting a prorated refund. Here, lifeguard Jimmy Kappes watches over lap swimmers.

More people jogging—do it safely

Airmen getting in shape for the new fitness standards should keep in mind these important safety tips:

Visibility: Wear brightly colored clothing during the day and reflective gear at night. The 377th Security Forces Squadron says the biggest danger to joggers is inattentive drivers. So stay on sidewalks or jogging paths when available. If you must run in the street, run against traffic to increase visibility.

Pay attention to your surroundings: Don't run with headphones. It reduces awareness and it's prohibited on base. It's always better to train with a partner, but if you must jog alone, jog in well-populated and well-lit areas. If you think someone is following you, run to a public area and stay there until the person leaves. If possible get a good description of the individual and contact police immediately. The 377th Air Base Wing Safety Office also advises runners to know their route; especially as the evenings get darker. Being aware of hazards like potholes and curbs ahead of time can keep you from spraining or twisting an ankle.

Start slow: Beginners should first slowly increase their jogging distance or time. After they can run for 35-40 minutes without stopping, then increase intensity no more than five percent each week to avoid injuries. According to the Health and Wellness Center, this slow increase allows the body to fully adapt to physical stress.

Avoid dogs: Dogs must be kept on a leash. If you cross paths with another jogger and their dog, keep your distance. If you encounter a stray dog, avoid any sudden moves and stand your ground. Most dogs will avoid confrontation. If you are attacked, assume the fetal position protecting your face, neck and head if possible.

Choosing the right shoe

Stan Hockerson, a pioneer with the first Nike waffle running shoe, presents a Running Shoe Seminar on the importance of finding a running shoe for your foot type, Nov. 20, noon, in the Rio Grande Community Center.

Call 846-1186.

★ Handball club

No initiation fees, no dues, no meetings; only competitive handball games. Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games. New members are always welcome.

Call 846-2454.

★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

★ Golf special

Through **Nov. 22**, for each \$25 spent on merchandise at Tijeras Arroyo Pro Shop, receive a ticket for a chance to win a Thanksgiving turkey.

Call 846-1574.

★ Mountain biking

Join Outdoor Recreation, **Nov. 19**, for a three-hour mountain bike ride in the Sandia foothills. The class is designed to help beginner to intermediate mountain bikers.

Bring a bike and helmet.

Cost is \$20.

Call 846-1499.

★ Basketball season

Intramural and Over-30 Basketball Season begins **Dec. 8**. Coaches meeting **Nov. 19** at the Rio Grande Community Center.

Call 846-1102.

★ Ride of Your Life

Be a part of the USAF Cycling program, "Go for the Ride of Your Life." You can win t-shirts, caps, towels and water bottles.

Pickup a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.